



Good Vibes

PROGRAM

The Good Vibes Program is a therapeutic program using rhythm which engages young people who may be at risk of problematic health and social outcomes due to:

- Low academic performance
- High school absenteeism
- Aggression/violence
- Family conflict
- Criminal behaviour.

The Good Vibes Program is a flexible program that combines experiential learning with cognitive behavioural therapy, and engages a range of population groups who may be anxious or resistant to 'talk based' therapies:

- People with drug and alcohol problems
- People with learning/behavioural difficulties
- People with mental health illness.

The Good Vibes Program promotes social understanding and connection through a team drumming experience. It is fun, safe, creative, engaging and rewarding. Participants lift their self-esteem, learn to work cooperatively and are exposed to the therapeutic and recreational benefits of music.

**Need to talk
to someone?**

To make a referral or to find out more, please phone (03) 6224 1777

Working together to empower you

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